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Apollo Society Turns 2; Grows as an Artistic Outlet for Medical Students

By Andrew Damstedt
NSAB Public Affairs
staff writer

A Native American flute performance. An original children's story reading. A Copacabana routine. An electric guitar solo of "The Star Spangled Banner." A cover of Britney Spears' "Baby, One More Time." An Irish dance. Original watercolors, art and glasswork displays. A cello ensemble playing Metallica's "Fade to Black." A photography slideshow.

This article could turn into a list of the variety of performances put together by the burgeoning group, The Apollo Society, which formed two years ago. However, it's not the number of performances and how the society has grown that the group's members want to get across, but how creating and performing art can have a positive influence on medical students and health care workers.

The group is the brainchild of Uniformed Services University of the Health Sciences medical students, Navy Ens. Brian Andrew and Public Health Service Ensign Colin Smith (Class of 2016), who, while in anatomy lab, got to talking about interests other than the human cadaver. That's when they came up with the idea to create a forum where students could present their own art of any form as a way to get a break from the stresses of schoolwork.

"Students here ... have other interests and I don't think they are diametrically opposed to medicine," said Smith, who has read some of his original short fiction at the open mic events. "I think it can enhance your learning if you are doing something that you enjoy, and then you are going to enjoy the profession you are in more and what you're doing every day more."

Forming the Apollo Society made sense to Cmdr. (Dr.)



Photo by Mass Communication Specialist 3rd Class Laura E. Bailey

Stephen Darnell, a senior research assistant at the Uniformed Services University of the Health Sciences (USU), performs an original tune for the Native American flute titled "Dragonfly Dance" during an open mic event sponsored by the Apollo Society at USU, June 6.

Adam Saperstein, who became the faculty adviser to the student-run group, because, he said creative arts have proven effective in patient care and revitalizing health care workers.

"It's really fun to perform and see people perform, but the coolest moment for me is to see someone up on stage and see the live improv component and the interaction with the audience," Saperstein said. "It's a tool they'll be able to use in their career and for the rest of their lives."

Arts can decrease burnout and enhance empathy with patients, said Saperstein, who has performed at the events

with the university's a capella group, The Dermatones.

Smith and Andrew presented The Apollo Society at the American Academy of Family Physicians' national conference last summer where they encouraged other medical schools to open Apollo Society chapters. Morehouse School of Medicine in Atlanta, Ga., formed a chapter in February 2014.

Last year, Andrew and Smith passed the responsibility of hosting the quarterly open mic events to Ensigns Dawn Quigley and Elizabeth Schroff (Class of 2017), USUHS second year medical students.

Quigley said she sees these artistic outlets as a way to help medical students become "more compassionate and engaged physicians." Quigley, who danced in New York City before coming to medical school, was reluctant to bring her artistic side out during her first year of study.

"I was like, 'No, no, I'm done with that in my life. I don't want to do it,'" Quigley said. "But then I just decided I was being kind of stupid and I was like, 'No, I'll go for it.' I'm so glad I did. I feel like it's really opened up my medical school experience and it really got me to be more social and engage

more with the class as opposed to being overwhelmed with books, books, books and more books."

Schroff said she missed having an artistic outlet after she arrived at medical school so she welcomed the chance to perform at an Apollo Society event. She read two poems she wrote at her first open mic.

"If I didn't have this outlet, I would go crazy," Schroff said. "You need some kind of artistic outlet, not just the book work and class work."

Quigley said the organization has helped her to connect

See **APOLLO** page 7

Commander's Corner - USAE Troop Command

Happy New Year! The start of every New Year brings with it new changes, challenges and opportunities. This year is no different. For United States Army Element, Troop Command, Walter Reed National Military Medical Center, the year will start with two changes in my primary staff. The Headquarters Company Commander, Capt. Michael Baker will relinquish command to Capt. Mark Preston in early January 2015. Capt. Baker will be staying in the National Capital Region but is being reassigned as an Army Medical Command Recruiter. The second change will be the addition of incoming Capt. Jose Real to the staff as the new S3 Operations Officer. Capt. Real is arriving from Germany where he was assigned to Europe Regional Medical Command. His wife is assigned to the Uniformed Services University as a student.

An upcoming challenge for Troop Command is a physical move to a location that is closer to the hospital. This move will benefit Troop Command and will also give us the opportunity to share a working space with our Navy counterparts, Officer in Charge of the Navy Medical Support Detachment (NMSD), Lt. Cmdr. Melissa K. Burke and Command Master Chief NMSD Rubenson Sarmiento and their staff, co-located with Troop Command in Building 14. The move is scheduled to occur in February, but will depend on many factors for other personnel moving throughout the installation. When this move occurs, it will allow the Army and the Navy to better support our Soldiers and Sailors that work in the hospital.

Our opportunity that is coming up this year is the co-hosting of the Expert Field Medical Badge (EFMB). This year for the first time Troop Command, Walter Reed National Military Medical Center and the Uniformed Services University will lead training on Naval Support Activity Bethesda for all military medical personnel interested in trying to earn the badge. The EFMB is an Army Badge that demonstrates excellence in field medicine by the service member



wearing it. The EFMB can be earned by other military service members provided they meet the minimal requirements as directed by Army Regulations.

History and background on the badge:

A United States Army medic, who saw combat action on the front line, has been eligible to earn the Combat Medical Badge since 1945. In June 1965, the

U.S. Army expanded its awards program by implementing the EFMB for combat medics who did not see battle, but could pass the testing and evaluation process to earn the EFMB.

The test evaluates candidates in areas that include:

- (1) A 100 question written exam
- (2) Completion and passing of the Army Physical Fitness Test or service equivalent for the Navy and Air Force
- (3) Night and day land navigation course
- (4) Weapons qualification
- (5) Litter obstacle course
- (6) 12 mile road march
- (7) Communications competency to include calling in a medevac
- (8) Survival in combat and nuclear biological and chemical environments
- (9) Emergency medical treatment in a combat environment
- (10) Evacuation of the sick and wounded
- (11) Cardiopulmonary Resuscitation

Definitely a challenging badge to earn, but with it comes recognition that the service member wearing it is the best of the best.

As we transition into 2015, recognize that each new year brings new challenges. I wish the best of luck in all that you do this year, may your God be with you and give you all the blessings to help you meet all your personal and professional goals.

Lt. Col. Richard Villarreal
Commander, Army Element,
Troop Command-North,
Walter Reed National Military
Medical Center

Bethesda Notebook

Staff Badging Office Moves

Staff Badging has moved to a new office, located in Bldg. 17-A, second floor. Walk-in service is available to all staff for initial, replacement and ID badge renewals for Walter Reed Bethesda staff members. Hours of operations are Monday through Friday from 7:30 a.m. to 3:30 p.m. For more information, call 301-295-8967 or 301-319-2102.

Prosperity Fair

Walter Reed Bethesda's next Prosperity Fair is Jan. 21 from 7:30 a.m. to 3 p.m. in Bldg. 9, Great Hall. All staff members and visitors are welcomed to attend the fair to learn about resources available on base to help individuals achieve their personal, professional, relationship and spiritual goals.

Navy Exchange Inventory Early Closures

The Main exchange closes at 3 p.m. Monday Jan. 26 for inventory. Food vendors, Navy Federal Credit Union and all services will also close at 3 p.m. All services will re-open the following day at normal business hours. Tuesday Jan. 27, the Mini-Mart Lodge, the Mini-Mart and the uniform shop will close at 4 p.m. for inventory and will re-open for normal business hours the following day at normal business hours.

Conflict Resolution

Conflict Resolution Lunch-and-Learn sessions for January are scheduled for Jan. 26 and Jan. 28. On Jan. 26, the event will be from 11:30 a.m. to 12:10 p.m., and from 12:20 to 1 p.m. in Bldg. 19, sixth floor, Rm. 6217 (Mountain Conference Rm.). On Jan. 28, the event will be during the same hours in Bldg. 9, basement room 0301 (Executive Conference Rm.). To register for the sessions, call 301-400-1974. Participants should bring their lunches.

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Begin the New Year with a Healthy Start

Outpatient Nutrition Clinic Offers Services for Beneficiaries

By Capt. Michael Noyes
Outpatient Nutrition
Services

How many times have you decided to eat better and adopt a healthier lifestyle as your New Year's resolutions, only to lose momentum as the year moves on?

If this is your challenge, Walter Reed Bethesda's Outpatient Nutrition Clinic may be able to help you stick to your resolutions.

Department of Defense beneficiaries are eligible for free nutrition and exercise services from Outpatient Nutrition Services staff. Registered dietitians (RDs) and exercise physiologists (EPs) are available to provide information and advice on nutrition and exercise. Through the use of these RDs and EPs located at Walter Reed Bethesda, you may be able to increase your chances of sticking to your resolutions for life.

Outpatient Nutrition Services offer classes for healthy



Courtesy Photo

and economical commissary shopping (at the Forest Glen, Md., and Fort Meade, Md., commissaries), heart-healthy eating, athletic nutrition, prenatal nutrition, diabetes management, dietary supplement safety and weight management (for both active duty and civilians).

Outpatient Nutrition Services has also updated their website to show a calendar of events, classes and support groups which includes information on how to enroll or learn more. By linking with the clinic using RelayHealth, beneficiaries can request an appointment or ask a RD a question 24/7, 365 days a year.

No referral is required from your primary care manager to get an appointment with a RD or EP. The clinic is also implementing telehealth (video teleconference) nutrition services between Walter Reed Bethesda and outlying clinics to provide patients with timely, convenient access to RDs without having to travel to Walter Reed Bethesda.

For more information about Outpatient Nutrition Services, call 301-295-4065, or visit their webpage at: <http://www.wrnmmc.capmed.mil/Patient-Visitors/SitePages/Nutrition-Services/OutPatientNutritionSvc.aspx>.

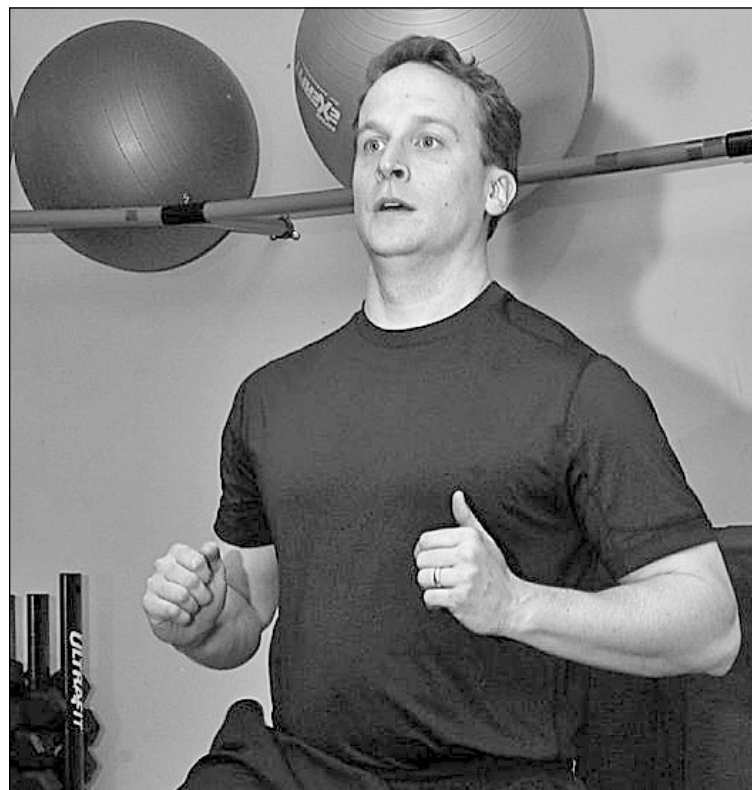


Photo courtesy of Travis Combest

Travis Combest, an exercise physiologist at Walter Reed Bethesda, demonstrates proper exercise techniques. Walter Reed Bethesda's Outpatient Clinical Nutrition Services offers free nutrition and exercise classes and advice to Department of Defense beneficiaries.

Quick Tips to Navigate Upcoming Career and Education Fair

By Mass Communication
Specialist 2nd Class (SW/
AW/IDW) Ashante N.
Hammons, NSAB Public
Affairs staff writer

Career and education fairs can seem overwhelming, with a myriad of different employers and universities in the same location at once. Participants might not know where to start or what to say. Naval Support Activity Bethesda Fleet and Family Service Center Transition Team Career Counselor Gordon Janis and Navy College Director Elizabeth Baker recently offered some helpful advice in order for participants to gain the most out of their experience from the upcoming fair, Jan. 23, in the Building 17 gymnasium from 10 a.m. to 2 p.m.

Career Tips

Janis encouraged participants to prepare for this event by doing research on the companies that will be there. Find a list at the event's site: Employment-Education-Fair-NSAB-Jan2015.

eventbrite.com. According to Janis, research helps start conversation and shows you are eager to learn about a company.

"Nothing sells [you] more than your own enthusiasm. If you have prior knowledge of what employers will be there, research their website and learn about their purpose, mission statement, and locations and write down questions," Janis suggested. "See if the companies you are interested in are the right fit for you with their core values and your personal values."

Another tip Janis gave is creating a social media profile on professional networking websites if you have not done so already. For active duty members, Janis recommended your profile picture is in civilian attire. Many employers would say you do not exist if you do not have a professional profile, Janis emphasized.

"It is also important to be aware of your presence online and your connections and what you're putting out there," stated Janis. "Check your privacy set-

tings. You should probably do an online search for yourself and see what's out there about you."

While research is one aspect of preparation, it is also important to practice your 30-second commercial, also known as your elevator speech. Janis encouraged practicing a 30-second commercial because it gives an overview of who you are, where you've been and why you are attending the fair. He recommended practicing in front of friends and coworkers first.

"Be concise and energetic," he said. "Communicate friendliness. Show them that you can fit in."

Janis also explained that it's important to take time to tailor a resume to reflect personal skill sets that you're looking to perform on the job, such as qualifications gained in the military, leadership skills and your security clearance.

"Most importantly, familiarize yourself with your resume," said Janis. "Know all the qualifications you've listed as well as your assets and soft skills. That way, you know what it is you

bring to them and how valuable you are."

According to Janis, participants should wear something nice and presentable the day of the fair. In order to keep your resume, notepad, and business cards you will collect together, he suggested bringing a portfolio instead of a backpack. To avoid distractions, Janis urged putting phones on silent mode and to be focused on interacting with the different employers.

"Be open to feedback," suggested Janis. "It'll help to increase confidence for future employment fairs. Debrief yourself on what you did well to sell yourself."

"If you promise employers information, be sure to go back and deliver," said Janis. "Be prompt and professional. Follow up with hand-written thank you notes that say 'Thank you for the opportunity,' or 'Nice to meet you.' You can leave a voicemail stating your contact info and saying thank you. Try to put in anything to help them remember you."

Education Tips

Baker reminded those looking to further their education that they are there to interview schools to see if they are the best fit for their educational goals.

"The purpose of the event is for you to find the highest quality education that is right for you," said Baker. "Treat the schools as an interview process by bringing goals and questions to them."

Baker strongly suggested participants ask schools about these topics:

- Accreditation
- Available majors that may interest you
- Considerations made for deployments
- Access to academic resources
- Considerations for military funding (tuition assistance, Post 9/11 GI Bill)
- Tuition prices

"If you come into the career and education fair with these goals and questions, it should be easy to make the right choice for your educational endeavors," said Baker.

Nurses Hone Knowledge, Abilities During Skills Fair

By Sharon Renee Taylor
WRNMMC Public Affairs
staff writer

Approximately 400 nurses learned the latest advanced practices and refreshed their skills during a recent week-long training fair held in the Simulation Center (SIM Lab) at Walter Reed National Military Medical Center.

Nursing staff members brushed up on skills in 11 different areas including blood administration, CPR and basic airway management in the high-tech Simulation Center with realistic manikins, IVs and life-like human organs and skin.

The Office of Patient Safety collaborated with the Clinical Nurse Council and SIM Lab to develop the semi-annual training designed to enhance nursing skills and complete annual core competencies. A new skill area at the fair was a Room of Errors, where nurses were timed as they sought to record as many mistakes and miscalculations as they could find in the mock patient's room.

Small groups of nurses went through two additional areas added to the fair. One was a scenario-based exercise aimed to reduce patients falls, and the other involved age-specific nursing care focused on senior and children patients.

Skill-building is one component of the Patient Caring Touch system that is

a part of a hospital-wide nursing model, explained Navy Lt. Cmdr. Frank Jones, an acute care clinical nurse specialist who coordinated the event.

"This year we collaborated with key stake holders who could help us focus on the areas which needed the most attention," Jones said. These stakeholders include the Patient Safety Office, quality management, anesthesia, the Clinical Nurse Council and nursing leaders like Director of Nursing Services Army Col. Ray C. Antoine, Deputy Director Navy Capt. Carolyn R. McGee, as well as Assistant Director Army Col. Joy W. Napper, he explained.

"Our very own top leadership of Navy and Army nurses provided instruction during the skills fair, leading by example," said Jones.

Feedback from nurses who attended the skills fair was positive. They said the training gave them a good sense of achievement, and confidence in their ability to practice those skills.

"It was a good review of everyday nursing skills. I liked it," said registered nurse Marquess Armstrong, who completed the Room of Errors training exercise with her colleague in psychiatric nursing, Army Lt. Adedoyin C. Adeniji. "This was fun. It really made you think," Adeniji said.

Armstrong and Adeniji found two additional errors not listed among the 50 included on Navy Lt. Cmdr. Robert



Photo by Sharon Renee Taylor

Air Force Capt. Adam Garrison, a registered nurse and student at Uniformed Services University, teaches a lesson in airway management to registered nurses, from left, Navy Ensign Timothy Dye, Army Lt. Benton, Army 1st Lt. Kayla Benton, and Army 2nd Lt. Jessica Chabot during a recent nursing skills fair at Walter Reed Bethesda.

Cuento's checklist, within the allotted 10-minute time period. Cuento, who proctored the exercise, said he was pleased. "They did an excellent job," he said. The Room of Errors included multiple scenarios of a simulated patient room, including charting, vital signs, medications and unsafe conditions.

Army Maj. Ebony Chatmon, nursing service chief for 7-West, discussed leukocyte filters with Army Lt. Jessica Weinman. "I learned so much today, I'm so excited," Chatmon said.

Nursing skills fairs are held quarterly at Walter Reed Bethesda. The next one is scheduled for spring.

Bringing Excitement Back to the Hardwood

MLK, Pre-Season Basketball Tournaments Launch 2015 MWR Season



Photo by Mass Communication Specialist 2nd Class Brandon Williams-Church

Staff members participate in a pick-up game of basketball in the Building 17 Fitness Center Gymnasium Dec. 12, 2013.

By Mass Communication Specialist 2nd Class Brandon Williams-Church
NSAB Public Affairs
staff writer

Naval Support Activity Bethesda is bringing one of the world's most popular and ultimate team sports to the Morale, Welfare and Recreation (MWR) gymnasium for another action-packed season. Beginning with the Dr. Martin Luther King Basketball Tournament and rounding out the season with the intramural tournament (both five-on-five format), the new season aims to spread sportsmanship, morale, competition and camaraderie along with a few new editions and twists.

The 11th annual Dr. Martin Luther King (MLK) tournament Jan. 16 - 19 offers active duty, retirees, National Guard, Department of Defense civilians, contractors and family members the opportunity to celebrate the late civil rights leader through friendly competition.

"[The tournament] is really... a cele-

bration of Dr. Martin Luther King, and [an opportunity] for the teams to have competitive bragging rights across the region," said Brenda Hardaway, MWR varsity sports coordinator. "Who better to celebrate than Dr. King? It's important that we pay him respects for being an instrumental piece in shaping our country. This is our way of showing that respect."

Normally a "double elimination and you're out," tournament, this year's edition transitions into a three-game guarantee for each squad.

Teams projected to participate include bases from around the region such as Marine Base Quantico, Andrews Air Force Base and Joint Base McGuire-Dix-Lakehurst.

"It would be nice for the patrons of the base to come out and see what the sports department is doing for them, and see what our Soldiers, Sailors, Airmen and Marines are representing on this base," said Hardaway. "This is the time to get behind them and show

See **BASKETBALL** page 6

Aboard the Air Hospital

Simulation Center Offers Realistic Training for CCATT Members

By Bernard S. Little
WRNMMC Public
Affairs staff writer

On an Air Force medical evacuation aircraft, two critically injured service members are being transported from Bagram Airfield, Afghanistan, to Landstuhl Regional Medical Center, Germany, under the watchful eye and care of a Critical Care Air Transport Team (CCATT).

The above scenario concerning the critically injured Soldiers was part of the recent CCATT Simulation Day training hosted by the 779th Medical Group (779 MDG) at Walter Reed National Military Medical Center (WRNMMC).

A CCATT is a flying three-person team responsible for the care of severely injured and ill patients while they are being transported from one echelon of medical treatment to a higher level of care. The team includes an intensive care unit physician, critical care nurse and respiratory therapist.

"While many of us work in critical care settings, Critical Care Air Transport is something that most of us only do when we deploy. For most people this means a six-month deployment every 18 to 24 months at most. The more we can do to prepare our members for this experience the greater the chances all will validate and be able to deploy in a CCATT position," said Capt. Katherine L. Knott, a critical care nurse and CCATT coordinator.

Air Force Capt. Andrew Ray Severns described the recent CCATT simulation training at

Walter Reed Bethesda as intense. "We had a short time to mission plan, request supplies, and talk to the doctor [in] Afghanistan to see what changes had happened since [the] last update. At that point, we were to board the plane and start caring for the patients, responding to any needs that may arise," added Severns, the critical care nurse, who was part of the three-person CCATT, which also included emergency medicine physician Air Force Capt. (Dr.) Katherine Ellis and respiratory therapist Air Force Staff Sgt. Jamie Bucher. The three are members of the 779 MDG headquartered at Joint Base Andrews, Md.

During the "flight," Ellis, Severns and Bucher responded to the various critical care needs of the two critically-wounded Soldiers, including treating head, lung and leg injuries, pressure monitoring, cardiac concerns, IV requirements, and ventilation and breathing challenges on the Simulation Center's life-like manikins using the virtual reality machines and equipment at Walter Reed Bethesda.

"We have learned through the years in medical education that simply reading about patient care isn't enough," said Air Force Lt. Col. Martin Harssema, staff anesthesiologist/CCATT program director. "In the same way that pilots do ground school and simulators before flying, the medical profession is beginning to adopt similar techniques."

Twenty-five critical care medical personnel participated in the recent CCATT Simulation Day

training at WRNMMC, Harssema added. "The feedback has been overwhelmingly positive. We are constantly assessing our feedback in this new endeavor to better the experience with each subsequent course."

"I feel that more familiarity with the CCATT equipment and supplies is always better, and the training was a great opportunity to get my hands on the equipment and to re-familiarize myself with the bag sets," said Ellis, an emergency medicine physician who works in the Malcolm Grow Medical Clinics and Surgery Center Emergency Care Center.

"The CCATT 'patients' we were treating in the simulator were much sicker and more complex than the patients I see in my regular job in the [Malcolm Grow Emergency Care Center], so it was also a great opportunity to brush up on my critical care skills," Ellis added.

Members of the 779 MDG are part of the National Capital Region Medical Directorate (NCR-MD) enhanced Multi-Service Market, along with WRNMMC, Fort Belvoir Community Hospital and other military treatment facilities in the NCR, providing care to more than 500,000 beneficiaries throughout the region.



Photo by Bernard S. Little

Capt. (Dr.) Katherine Ellis (left) and Staff Sgt. Jamie Bucher, a respiratory therapist, provide critical care to "a patient" during the recent Critical Care Air Transport Team (CCATT) Simulation Day training in Walter Reed Bethesda's simulation center. Air Force physicians, nurses and respiratory therapists were able to hone their critical care skills on life-like manikins using virtual reality machines and equipment in the high-tech, state-of-the-art simulation center during the training.

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BASKETBALL

Continued from pg. 4

them some support."

With the MLK tournament as a preview for the upcoming competition in the intramural tournament, it's no doubt that returning and new teams are hyped to see what is in store for the hardwood.

"The pre-season tournament allows the teams to show their skills and which division they belong to," said Dwight Jackson, MWR intramural sports coordinator. "We have a recreational league and we also have a competitive league. It doesn't mean that one league is better than the other, but we match up

everybody's talent together so it makes every team strong. This year instead of divisions one and two, we have the northern and southern divisions. Right now we have eight teams signed up with another six looking to add their talents."

The pre-season tournament begins Jan. 21, followed by the official kick-off to the season the first Monday in February. Governed by modified NCAA (National Collegiate Athletic Association) rules, the tournament has each division playing two games per game-night. Games are played Mondays and Wednesdays.

"Also this year we are doing something different," explained Jackson. "We are going to feature a player of the week and their picture will be taken and displayed in the cabinet in front of the Fitness Center. It's not about how many shots they make, or rebounding; it has everything to do with sportsman-

ship. If they don't display pure sportsmanship, they won't be considered for the accolade. The player of the week will be voted on by staff and the referees of the games."

The MWR staff encourages base staff and personnel to come out and show support for each team as they display the hard work they'll put into the season.

"With everything that has been going on in the world, people have been on pins and needles so this tournament allows for the person who works all day to blow off some steam and have some competitive fun," said Jackson.

For more information about the MLK tournament contact Brenda Hardaway by calling 301-295-0031, and for more information about the intramural tournament contact Dwight Jackson at 301-295-0031 or by email at Dwight.jackson@med.navy.mil.

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APOLLO

Continued from pg. 1

more with her classmates and professors.

"In medical school, it's kind of a unique balance. Our professors are doctors who are our mentors and leaders, but one day they are also going to become our colleagues," Quigley said. "And it's a really special opportunity for us to come together in a venue in which we can get a taste of who we'll be and future relationships."

It also helped her to see her classmates as people other than medical students, she said.

"We've only gotten to know each other in the classroom, so you make certain assumptions about people when you only hear them ask a question about the kidney," Quigley said. "But all of the sudden, they get up to perform and you see them as a person and who they really are and you see this person has so much more depth than you ever imagined."

The performances have grown in number since the first time when 10 people participated. The most recent event had more than 50 people perform in 15 separate performances. While most of the performers come from the medical school, Quigley and Schroff

said anyone on base can sign up for the open mic events.

"I know it's a hard thing to get past your own criticism," Schroff said. "We've had some people perform some very personal poetry that you know is coming from a place that people don't normally share. And to be able to come out in this big group of people – it's amazing."

Past performances can be seen on the society's YouTube page or at its website: www.apollosociety.org.

Besides the open mic events, the society has hosted a poetry competition and has collaborated with the Walter Reed National Military Medical Center's creative arts department to host a performance for Wounded Warriors.

Smith said he would like to contribute to the research on how creative arts can help in health care by studying how these open mic events have affected medical students. Ideally, he'd like to come back to USUHS at a 10-year reunion and see his and Andrew's "fun idea" flourishing.

Now back to that list.

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